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Final salute

The casket of slain RCMP Const. David Wynn is carried into a funeral in St. Albert on Monday. Nearly 2,000 people attended the service, including 860 Mounties and 450 Edmonton police officers. Story, pages 8 & 9.

JASON FRANSON/THE CANADIAN PRESS

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Clara Hughes



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Council. New tower proposal approved for Jasper Ave.

Another highrise could be coming to Jasper Avenue, after city councillors approved rezoning for a project that could stretch up to 14 storeys.

The site on Jasper at 122 Street was unanimously approved for rezoning despite pleas from one resident about noise and loss of light.

"I personally want and deserve sun and the vitamin D that comes from it," said Dolores Nord, who lives nearby.

She told councillors the noise and vibration from another tower that was recently constructed had been constant and had health impacts.

"My house and my health cannot survive another high-rise on the block," he said.

The developers have not said specifically what they will build on the site, but the zoning councillors approved Monday allows for a tall tower with retail on the ground floor.

Coun. Scott McKeen said he's sensitive to concerns about loss of light, but the neighbourhood is changing and more towers are likely on the way.

"The lifestyle is going to offer you other things and you may be looking out at a Manhattan-like skyline of tall buildings surrounding you," he said.

McKeen said the city has to be sensitive to sun concerns, but said they likely can't protect views because more and more companies are looking to build in Oliver.

"I'm somewhat gob-smacked by the number of proposals for residential that we're seeing in downtown and Oliver." **RYAN TUMILTY/METRO**

Dentistry students travel abroad to treat the needy

Volunteering. Kindness in Action organization gives University of Alberta attendees an eye-opening experience



STEPHANIE DUBOIS
stephanie.dubois@metronews.ca

A 10-year-old with dentures was something University of Alberta dentistry student Jameel Popatia didn't expect to see when volunteering his time in the Philippines over the holidays.

Through an organization called Kindness in Action, Popatia was one of two U of A dentistry students who trekked to the country to help people with dental problems get the treatment they needed.

"As soon as we got there, there were hundreds of people lined up. You could tell these were the people that really needed it. Here (in Canada) you'll see people who need treatment, but it's nothing compared to the way it was over there," he said.

Tooth extractions were the most common problem seen by the local students and others who volunteered their dentistry expertise.

Muhamed Jomha, the other U of A student who went on the most recent trip, said the experience was eye-opening.

"I didn't think people were going to be in as rough shape as they were. There was one person who really stood out. He came in with a towel on his head and he had



University of Alberta dentistry student Jameel Popatia was one of two local students who participated in a recent trip to the Philippines to help people in need receive treatment. CONTRIBUTED

Money raised

\$42,500 was raised for volunteer dental missions thanks to an annual Winter Charity Ball.

- The money will be used for supplies and will be given back to the communities.

- Individuals in the countries the volunteer missions visit pay a small fee for the dental work, with the money returning to the community to help pay for things like improved infrastructure.

"These trips are good for students because they get to see more than they would

see in centres in Alberta," said Dr. Blaine Aucoin with Dentistry for All.

1 NEWS



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Edmonton's Uber drivers want to stay on the road

Injunction looming.

City proposed temporary removal while new rules set



RYAN TUMILTY
ryan.tumilty@metronews.ca

Uber's Edmonton drivers are wary of a proposal to park their businesses in the short term in exchange for regulations allowing them to operate legally in the long term.

City councillors passed a motion last week that will see the city seek an injunction against the firm, if they don't agree to come off the road voluntarily.

Council's motion also directed the city to write new bylaws that would allow companies like Uber to operate legally. One local Uber driver, whom Metro agreed to identify only by his first name, said he worries the city will drag its feet.

Quoted

"I don't think it's unreasonable, but I question the commitment to actually drafting and enacting those bylaws."

Uber driver Chris, speaking about the possibility of coming off the road while the city drafts new rules

"I don't think it's unreasonable, but I question the commitment to actually drafting and enacting those bylaws," said Chris.

Chris, who has only been with the company a week, said he took up the second career, because he thought it would be exciting.

"I'd do it for free if they weren't already trying to pay me," he said.

He said the company is providing a service people want and he knows users would really miss the company, even if only for six months.

"I feel like it has been the voice of the Uber users that has really been missing from the discussion," he said.

Another driver, Jeff who

also didn't want his last name used, said he feels there's a lot of misinformation about the service.

"It just seems like everyone says they're unsafe, but for me as a driver, I feel very safe driving people," he said.

He said he started working for Uber, because he's between jobs and while he can see the benefits of regulations, he doesn't want to come off the road.

"It might help, but it's just a question of how long and I don't think it's fair," he said.

Uber spokesperson Xavier Van Chu confirmed Monday the company is still considering the city's proposal and hasn't decided on voluntarily removing its drivers from the road.



Uber launched its rideshare app in Edmonton just before Christmas and has been operating despite city bylaws. METRO

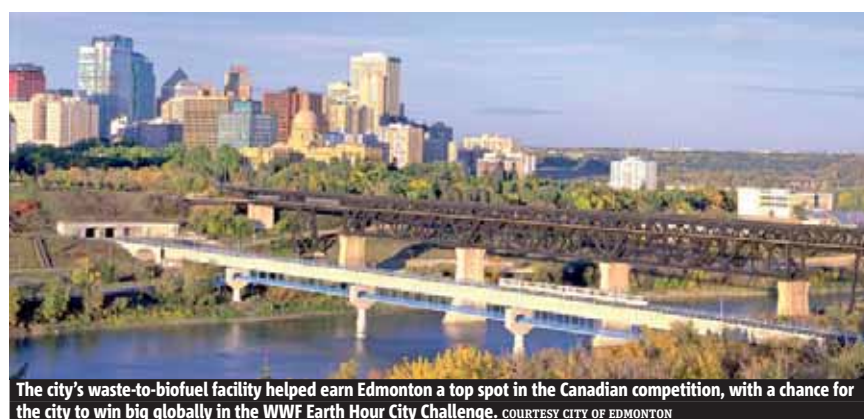
City a frontrunner for WWF Earth Hour City Challenge

Have a favourite thing about Edmonton? Let the judges know as the city is one of 44 finalists from around the world in the WWF Earth Hour City Challenge.

Edmonton is one of three Canadian cities making the cut, competing against Vancouver and North Vancouver as well as other international spots. Eleven Canadian cities participated in the challenge.

One sustainable leader per country will be named in April for the National Earth Hour Capital Awards, with Edmontonians asked to cast their votes by city officials to help boost the city's ranking.

This year's challenge "recognized the power of cities to help redirect investment in fossil fuels to renewable energy solutions," according to WWF Canada officials.



The city's waste-to-biofuel facility helped earn Edmonton a top spot in the Canadian competition, with a chance for the city to win big globally in the WWF Earth Hour City Challenge. COURTESY CITY OF EDMONTON

Edmonton was specifically picked out of the mix for their waste-to-biofuel facility, which "proves Edmonton is on the forefront in becoming the nation's leader in reducing emis-

sions from city operations," reads Edmonton's description as part of the challenge.

The city's use of solar energy and encouragement for residents to use this type of power

also ranked Edmonton high for the second year in a row.

Votes from the campaign will crown both a national and international winner.

STEPHANIE DUBOIS/METRO

Wildrose nomination. Fildebrandt declares bid

Quoted

"People here feel betrayed by what their MLA has done to them. I feel betrayed by what their MLA has done to them, and that is why I want to be the MLA for Strathmore-Brooks."

Derek Fildebrandt, former Alberta head of the Canadian Taxpayers Federation, in a release announcing his bid for a Wildrose Party nomination.

After years calling out provincial budgets from outside the legislature, Derek Fildebrandt announced Monday he is looking to do that from the inside.

The former Alberta head of the Canadian Taxpayers Federation announced he would seek the Wildrose nomination in Strathmore-Brooks.

Fildebrandt made the announcement outside the constituency office of the former Wildrose MLA Jason Hale.

Hale and 10 other Wildrose MLAs, including former leader Danielle Smith, left the party last fall. Fildebrandt said he and others are upset by the defections.

"People here feel betrayed by what their MLA has done to them. I feel betrayed by what their MLA has done to them, and that is why I want to be the MLA for Strathmore-Brooks," he said in a release.

He said the talk of higher taxes in the provincial budget is unacceptable and he hopes

to be an MLA to oppose them.

"The PC's spent the cupboards bare and they could not balance the budget in good times despite record revenues. With a drop in oil prices and a belief that he faces no opposition, Jim Prentice thinks that he can make hard working Albertans pay the price for his party's poor fiscal management," he said.

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Liberal Leader Raj Sherman announced Monday he would not seek another term as the Edmonton-Meadowlark MLA. RYAN TUMILTY/METRO

Sherman resigns as Liberal leader

Provincial politics. Edmonton MLA won't seek re-election, says its time to 'move on to new challenges'



RYAN TUMILTY
ryan.tumilty@metronews.ca

Premier Jim Prentice, who won the PC leadership less than five months ago, became the longest-serving

party leader in the Alberta legislature Monday after Liberal Leader Raj Sherman announced his resignation.

"It's time for me to move on to new challenges and to turn the page on the next chapter of my life," Sherman said at a press conference announcing he would not seek another term as MLA and was resigning immediately as Liberal leader.

Despite suffering electoral losses, Sherman said he is confident his party made Alberta a better place in the

last election by making the case for a more equitable province.

"I believe we offered the vision to build a better province, to transform this province for a generation," he said.

President of the Alberta Liberal Party Shelley Wark-Martyn said the party would meet this weekend to select an interim leader and a plan a leadership race.

She thanked Sherman and said he has built the party to make it ready for an election.

Liberals

5

When Raj Sherman first took over the party in September 2011 there were eight Liberal MLAs, but that fell to five in the 2012 election.

"He put us in a place where we are financially out of debt as a party. We have a lot of good people in our boards and constituency associations," she said.

Bob Murray, vice-

president of research at the Frontier Centre for Public Policy, said with the Wildrose and now Liberals both potentially running interim or untested leaders it will be even more tempting for Prentice to call an early election.

"All the signs are pointing to the fact that the PCs are able to take on a massive, super-majority," he said.

Murray said a strong opposition is important and unfortunately the province could lose that.

Politics

Tory resignations continue

A trio of Tories announced Monday they will not be seeking re-election in the next provincial election, giving further indication of a major shift in the party under new leader Jim Prentice.

Calgary-Varsity MLA Donna Kennedy-Glans, Red Deer-North representative Mary Anne Jablonski and her colleague in Battle River-Wainwright, Doug Griffiths, announced their names wouldn't be on the ballot, regardless of whether prognostications of a springtime election turn out to be true. Griffiths, who served as municipal affairs minister in the Alison Redford government and took a lead role on steering the province through 2013's historic flood, was the first to flee his post, saying his resignation took effect on Monday.

Kennedy-Glans, meanwhile, quit the PC party to sit as an Independent as questions around spending and entitlement under Redford's leadership swirled. She was only elected in 2012, but deemed it "an honour and a privilege" to work with her legislature colleagues.

Jablonski made her plans clear to Red Deer-area media. The resignations came on the heels of similar announcements by former Redford-era cabinet ministers Doug Horner and Fred Horne.

JEREMY NOLAIS/METRO IN CALGARY

RICK MERCER REPORT

Tonight, Rick explores the world of Canada's favourite snack at Covered Bridge Potato Chips in Hartland, NB.

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CBC



The proposed Rec Room will have food options along with entertainment. CONTRIBUTED

Cineplex brings in its 'Rec Room'

Entertainment.

Theatre chain plans to open its first complex of food, arcade games and live entertainment in Edmonton



RYAN
TUMILTY
ryan.tumilty@metronews.ca

Games, food and live entertainment will all come together under one roof in south Edmonton in a new

Quoted

"Our South Edmonton theatre is one of our busiest and most successful."

Cineplex spokesman Mike Langdon explaining why the company chose Edmonton to launch its ambitious new project.

proposal announced Monday.

By the end of 2015, Cineplex plans to open at South Edmonton Common the first of what they hope will be a national chain called the Rec

Room.

The complex will include arcade games, bowling, a live entertainment venue and, naturally, big screens too.

Company spokesman Mike Langdon said they believe there will be a lot of interest in the development and that this is a logical extension of their business.

While Edmonton will be the first, Langdon said the company believes there could be 10 to 15 of these across the country in time.

He said they chose Edmonton because business has always been good here.

U of A Students' Union launches Feminist U

New data revealing nearly half of all female students don't think they have what it takes to run for student politics has prompted University of Alberta's student leaders to take action.

According to an October survey, 35 per cent of U of A undergraduates had considered running for student government, while 49 per cent of female respondents felt they didn't have the necessary skills for leadership.

Only 33 per cent of male students felt the same.

U of A Students' Union VP external Navneet Khinda said

she was inspired to gather the data after being the first of two female representatives elected to council in the last five years.

"There is a recurring pattern of misrepresentation when it comes to student politics or even other leadership positions on campus," she said.

While the results weren't necessarily surprising, Khinda said the data showed just how many students cared about campus issues, but didn't feel like they had a shot at student politics.

"At the end of the day I

want our institutions, (such as) the students' union or the University of Alberta, to be better," she said.

With a series of events starting next month, Project Feminist U is designed to create a safe place for students to chat about the issue.

Union president William Lau said this year's student government is dedicated to addressing barriers on campus and for upcoming elections.

"I think on a university campus, it is one of our values to push equal access," he said. LEAH HOLOIDAY/METRO

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Full rules: <https://www.cibc.com/client-appreciation-day-contest>

Memorial. Mourners pay respects at Fort Calgary

Past and present RCMP officers joined the public at Fort Calgary Monday afternoon for a ceremony honouring fallen RCMP Const. David Wynn.

Wynn was fatally shot on Jan. 17 in St. Albert by Shawn Rehn, whom he approached as part of a routine investigation of a stolen vehicle. Auxiliary Const. Derek Bond was wounded in the shooting as well and is recovering from his injuries.

"For someone serving this country to be killed so senselessly, for something so petty, it offends all of us," said Sara Gruetzner, president and CEO of Fort Calgary.

"It rips at the core of who we are as Canadians and how we think of our country. We are the peacekeepers. Events like this are not supposed to happen in Canada."

Thousands of mourners gathered in a St. Albert hockey arena on Monday, including Prime Minister Stephen Harper and Premier Jim Prentice.

At the same time, dozens of Calgaryans gathered at Fort Calgary to mourn his death and to show solidarity. After speeches



A memorial service is held at Fort Calgary Monday afternoon for RCMP Const. David Wynn.
JENNIFER FRIESEN/FOR METRO IN CALGARY

and a moment of silence, the group placed red and yellow roses at the foot of Col. James Farquharson Macleod's statue.

"Wearing a uniform seems to make (officers) a target; it puts all policemen on the front lines for the war on crime," said retired Sgt. A. G. Elliott while speaking at the memorial. "They accept that responsibility, knowing the risk, as did Const. Wynn.... (He) will be remembered, he will be honoured." JENNIFER FRIESEN/FOR METRO IN CALGARY

A man of 'courage and conviction'

RCMP. Family and police pay tribute to Const. David Wynn at regimental funeral

Shades of red, blue and green filled the bleachers at Servus Credit Union Place Monday afternoon as law enforcement, military and first responders from across the country joined with family to honour RCMP Const. David Wynn.

The husband and father of three was shot in the head while investigating a stolen vehicle at a St. Albert casino on Jan. 17. Wynn died of his injuries on Jan. 21, leaving behind his wife Shelly and sons Matthew, Nathan and Alexander.

Members of the Wynn family and RCMP officials shared their memories of the 42-year-old, who was a notori-

Quoted

"We wish you Godspeed and tight lines."

RCMP Deputy Commissioner Marianne Ryan bids farewell to Const. David Wynn, an avid fly-fisher.

ous lover of tea and fly-fishing.

Wynn's sister, Mona, called her brother a peaceful man.

"He didn't have the time to notice a reason for a grudge, much less hold one," she told the crowd. "He knew there were much better things to hold on to, so that's what he did."

Mona said her brother decided to help others professionally after a near-fatal car accident 20 years ago. He worked as a Mountie in St. Albert and was formerly a paramedic in Nova Scotia.

"Something happened to him on the long, fast ride to

Halifax in the ambulance and he came away from that experience determined to be a paramedic," she said. "He did just that and he began the tremendous contribution to the people of Bridgewater, Nova Scotia, for over a decade."

Insp. Kevin Murray remembered his fellow Mountie as a small-town guy from the East Coast with a Maritime sense of humor.

"Dave was someone who faced challenges with courage and conviction," said Murray, noting Wynn had once successfully negotiated with protesters at a grocery store to buy some Red Rose tea.

Prime Minister Stephen Harper and Premier Jim Prentice, along with police from Toronto, Chicago and Quebec, were just some of the attendees at the two-hour ceremony. Members of the public also added to the nearly 2,000 guests.

As a former volunteer who has worked with RCMP, Brenda, who asked that her last name not be published, brought her son to the ceremony to honour his former classmate, Matthew Wynn, and his father.

"I felt that he was honoured, not only as a father and as a husband, but as an RCMP, first responder, as someone who always had that type of attitude," she said.

Brenda said her time working with the RCMP revealed just how close the community is and how a loss is felt throughout the force.

While her brother is now gone, Mona said the love that family, friends and RCMP have is one that will last forever.

"Dave was an ordinary man with an extraordinary capacity to make the world a better place for everyone around him," she said.

LEAH HOLODAY/METRO

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Shelly MacInnis-Wynn and a family member lay flowers on the casket of slain RCMP Const. David Wynn during his funeral in St. Albert on Monday. THE CANADIAN PRESS

Timeline

Life and times of David Wynn

A look at the life of RCMP Const. David Matthew Wynn, who died in the line of duty:

Oct. 18, 1972: Born in Newcastle, N.B., Wynn's family says his childhood revolved around the outdoors: fishing, camping, snowmobiling and riding dirt bikes. His family had a cottage at Oak Point, N.B., and he was active in the Boy Scouts.

1990: Graduated from Miramichi Valley High School and went on to study civil engineering for two years at Acadia University. He worked the night shift baking bread for Sobeys and created a product known in the local community as "Davey's buns." He also became a scuba instructor.

1993: On the way to dive for scallops on Nova Scotia's south shore after a shift at the bakery, Wynn suffered serious injuries in a single-vehicle car crash. His family says the crash inspired him

to take up a career as a paramedic.

1994: After recovering from his injuries, Wynn completed his training to become a paramedic in Bridgewater, N.S.

1997: Wynn met his wife, Shelly, in Bridgewater, where they were both Red Cross first-aid instructors. They married on Sept. 5 of the following year and had three boys in the following two-and-a-half years.

2009: Having been inspired by the Mounties he met on the job as a paramedic, Wynn entered the RCMP's training program and graduated from Depot in Regina. He was posted to the St. Albert detachment. Wynn's uncle, retired sergeant Duncan MacInnis, presented him with his badge on graduation day.

Jan. 17, 2015: Wynn was gunned down while he struggled with a suspected car thief inside the Apex Casino in St. Albert. Auxiliary Const. Derek Bond was also shot, but survived. The shooter later took his own life.

SOURCE: THE WYNN FAMILY THROUGH RCMP/THE CANADIAN PRESS

"Sometimes all you have to do is show up and just be yourself." Alexis Hillyard

An advocate for sexual and gender minorities, loving sister, daughter and friend, and a proud gay woman, Alexis Hillyard is example of the positive results of mentoring. Together with other leaders in our community, Alexis is spreading the word that mentoring can have a real impact on the lives of young people.

"Littles" come from all ethnicities, backgrounds and personal circumstances. In Edmonton and area, young people are waiting for a volunteer to step forward and be their friend. If you have a couple of hours a week and want to make a difference, please join us.

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Alberta Mentoring Partnership



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area

Feds appear warm to food-program update

First Nations. Nutrition North audit raised questions of whether the national initiative met hunger needs of Canadians in the North

It appears the Conservative government is open to the idea of changing the way it tries to offset the high cost of food in the North.

The department that oversees the beleaguered Nutrition North program has posted a notice of proposed procurement, asking for someone to come up with different ways of providing northerners with the federal food subsidy.

The notice, posted Monday, did not elaborate on the nature of any possible changes to Nutrition North.

Aboriginal Affairs Minister Bernard Valcourt's office did not answer specific questions about the notice. Instead, spokeswoman Andrea Richer sent a generic, four-line response that mentioned the amount of money the government is spending on Nutrition North and its advisory board.

"We are also working with the Nutrition North Canada advisory board to engage with northerners, retailers and suppliers on ideas to keep the program on a sustainable path including increased operating efficiencies and other program improvement proposals," Richer wrote in an email.

Nutrition North — which replaced the old Food Mail program in 2011 — is intended to help defray the cost of nutri-



The price of a jug of orange juice at a grocery store in Iqaluit in December 2014. The federal government's \$60-million food subsidy, Nutrition North, stifled by high product prices, has not met the regional demand for food.

SEAN KILPATRICK/THE CANADIAN PRESS

tious food in the North.

But the \$60-million annual food subsidy — to which the government recently added another \$11.3 million for the program's 2014-15 budget and a five per cent annual escalator in future years — has been under scrutiny ever since auditor general Michael Ferguson's fall report in November.

The audit revealed that Aboriginal Affairs is largely in the

dark about whether Nutrition North actually does anything for those who need it most.

Aboriginal Affairs told Ferguson's team it has looked at expanding the full subsidy to around 50 fly-in northern communities, but doing so would increase the cost of the program by \$7 million a year.

Liberal aboriginal affairs critic Carolyn Bennett suggested any forthcoming changes to Nutrition North are

likely motivated by this year's federal election.

"Northerners and experts have made it clear for years that Nutrition North is an abject failure, but the Harper government has stubbornly refused to listen to them until confronted with a scathing auditor general's report and the prospect of facing the anger of northerners at the ballot box," Bennett said in a statement. **THE CANADIAN PRESS**

Transgender rights. Policy gives inmates' identities equal footing

Transgender inmates in Ontario will now be dealt with based on their own gender identity, not their physical sexual traits, a policy Ontario's corrections minister is calling the most progressive of its kind in North America.

Previously, inmates were put in institutions based on a person's "primary sexual characteristics." Now, they will be housed according to their self-identified gender and referred to by their chosen name rather than their legal name and their preferred pronoun.

"This is the most progressive policy on the treatment of trans inmates in North America," Correctional Services Minister Yasir Naqvi said Monday. "No other jurisdiction in Canada has such policy."

The policy builds on interim guidelines that were put in place last April, Naqvi said.

The case of a trans woman from England who was detained by the Canada Border Services Agency last February pushed the issue to the forefront as she tweeted her experiences before being de-

tained in a men's facility, despite travelling on a passport identifying her as female.

Avery Edison was eventually transferred to a women's facility but filed a human-rights complaint about her treatment. She said Monday she couldn't comment on Ontario's new policy because her human-rights case is ongoing.

Trans inmates were previously often put in segregation, but now they will be integrated into the general population whenever possible, Naqvi said.

"Today is about human rights," he said. "It is about ensuring that trans inmates are given the same protections, the same dignity and the same treatment. It is about respect and dignity for gender identity and gender expression."

Ontario Human Rights commissioner Barbara Hall says the policy helps protect the rights of trans people, who face a higher risk of harassment and violence behind bars from other inmates and sometimes corrections staff.

THE CANADIAN PRESS

Military

Special forces stop two ISIL offensives

Canadian special forces and Islamic State of Iraq and the Levant (ISIL) extremists engaged in two new firefight, with Canadian troops neutralizing their attackers. This adds fuel to an already burning political debate as Parliament reconvenes, a central topic being the parameters of Canada's Iraq mission. **THE CANADIAN PRESS**

Employment

Feds may be ready to talk internships

The parliamentary secretary to Labour Minister Kellie Leitch is meeting this week with various stakeholders about unpaid interns: "This is the first time that we've heard from the federal government on this; they've been completely silent until now," said Claire Seaborn of the Canadian Intern Association. **THE CANADIAN PRESS**



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WORLD

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A man strolls on a walking path Monday at Liberty State Park, with the Statue of Liberty in the distance, in Jersey City, N.J. The Philadelphia-to-Boston corridor of more than 35 million people began shutting down as a monster storm moved through the northeast. JULIO CORTEZ/THE ASSOCIATED PRESS

Storm could paralyze Northeast U.S. for days

Weather. Flights cancelled, government offices closed, shopping lines crammed as people brace for blizzard

More than 35 million people along the Philadelphia-to-Boston corridor rushed to get home and settle in Monday as a fearsome storm swirled in with the potential for hurricane-force winds and one to three feet of snow that could paralyze the Northeast for days.

Snow was blowing sideways with ever-increasing intensity in New York City on Monday as flurries began in Boston. Forecasters said the storm would build into a blizzard, and the brunt of it would hit late Monday and into Tuesday.

As the snow got heavier, much of the region rushed to shut down.

More than 6,500 flights in and out of the Northeast were cancelled, and many of them may not take off again until Wednesday. Schools and businesses let out early, government offices closed and supermarkets were hammered with shoppers stocking up on food.

All too aware that big snowstorms can make or break politicians, governors and mayors moved quickly to declare emergencies and order the shutdown of streets and highways to prevent travellers from getting stranded and to enable plows and emergency vehicles to get through.

Boston was expected to get two to three feet of snow, New York one and a half to two and Philadelphia more than a foot.

The National Weather Service issued a blizzard warning for a 400-kilometre swath of the region, meaning heavy, blowing snow and potential whiteout conditions. Forecasters warned that the wind could gust to 120 km/h or more along the Massachusetts coast and up 80 km/h farther inland.

New York City's subways and buses planned to shut down completely by 11 p.m., and commuter railroads across the Northeast also announced plans to stop running overnight. Most flights were cancelled out of the region's major airports.

Authorities banned travel on all streets and highways in New York City and Long Island and warned that violators could be fined \$300. Even food deliveries were off-limits on the streets of takeout-friendly Manhattan.

"We learned the lesson the hard way," said New York Gov. Andrew Cuomo, referring to instances in which motorists got stranded in the snow for 24 hours or more.

Shopping-cart gridlock descended on Fairway, the gourmet grocery on Manhattan's Upper West Side. The meat shelves were all but bare as customers shoved past each other. Outside on Broadway, the checkout line stretched for a block as the wind and snow picked up. Store employees said it was

Details

- **Flights:** Airline travellers are going nowhere fast because of the blizzard bearing down on the Northeast. By mid-afternoon Monday, about 6,500 U.S. flights through Tuesday had already been scrubbed, according to tracking service FlightAware.com. Around 1,700 flights had also been delayed. Cancellations and delays are likely to spill over into Wednesday.
- **Other transportation:** Want a ride home from car service Uber during the major snowstorm descending on the Northeast on Monday? Expect to pay more than the usual fare. In New York City, surge pricing will be capped at 2.8 times the normal fare. The company is also planning to donate proceeds to the American Red Cross.

busier than Christmastime.

In yet another possible sign that people were hunkering down at home, Fresh Direct, a grocery delivery service in the Northeast, said it had seen a rise in orders for "movie-day" snacks such as microwave popcorn and chocolate-chip cookies.

Utility companies across the region put additional crews on standby to deal with anticipated power outages from high winds. **THE ASSOCIATED PRESS**



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WORLD

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Tuesday, January 27, 2015

Court convicts doctor in genital-mutilation case

Egypt. Trial was first in the country on charges of breaking the 2008 ban on the practice

An Egyptian appeals court on Monday convicted a doctor of manslaughter and performing female genital mutilation that led to the death of a 13-year-old girl, sentencing him to two years and three months in prison in the country's first case that came to trial over the widespread practice, defence lawyers said.

The doctor, Raslan Fadl, was initially acquitted of the 2013 death of Sohair el-Batea in a village in the Nile Delta province of Dakahliya. He was not present in court Monday, and his whereabouts were unknown.

Monday's verdict was "a triumph for women," said lawyer Reda el-Danbouki, who represented the deceased. Egypt has one of the highest rates of female genital mutilation in the world and criminalized the practice in 2008, but it remains widespread.

The lawyer said the court also fined Fadl \$70 US and ordered his clinic closed for a year and handed el-Batea's father a three-month suspended sentence for complicity in subjecting his



Sohair el-Batea died last year after undergoing a female genital mutilation operation by Dr. Raslan Fadl in Egypt. An appeals court has convicted Fadl of manslaughter. WOMEN'S CENTER FOR GUIDANCE AND LEGAL AWARENESS/THE ASSOCIATED PRESS FILE

daughter to the procedure.

Rights advocates said the ruling could serve as a deterrent for doctors and families. The case came to trial only after significant pressure

from rights groups.

More than 90 per cent of women in Egypt are estimated to have undergone female genital mutilation. International women's-rights

group Equality Now said in an email that almost one in four survivors of female genital mutilation in the world is from Egypt.

THE ASSOCIATED PRESS

Costa Concordia. 26 years prison sought for captain

Prosecutors asked a court to convict the captain of the Costa Concordia and sentence him to 26 years in prison Monday for the 2012 shipwreck off Tuscany that killed 32 people, saying the term is hardly excessive given the death toll.

Prosecutor Maria Navarro also asked the court to detain Capt. Francesco Schettino again and seize his passport and navigation license, saying he is a flight risk. She said the trial had proved that Schettino "thought only and always about himself."

Schettino is being tried for manslaughter, causing the shipwreck and abandoning the Concordia while many passengers and crew mem-

bers were still aboard. Survivors of the Jan. 13, 2012, wreck described a chaotic and delayed evacuation, with lifeboats unable to lower because the ship was already listing so much.

Schettino has said he saved lives by steering the liner toward shore after it hit rocks that weren't on his charts. He has accused his crew of botching his orders and blamed faulty generators aboard the ship for contributing to the disaster.

In scathing closing statements, Navarro accused Schettino of never apologizing to the victims and saving his own life "without even getting his shoes wet."

THE ASSOCIATED PRESS

Medical marijuana. Drug only for very ill kids: Group

With virtually no hard proof that medical marijuana benefits sick children, and evidence that it may harm developing brains, the drug should only be used for severely ill kids who have no other treatment option, the nation's most influential pediatricians group says in a new policy.

Some parents insist that medical marijuana has cured their kids' troublesome seizures or led to other improvements, but the American Academy of Pediatrics' new policy says rigorous research is needed to verify those claims.

To make it easier to study

and develop marijuana-based treatments, the group recommends removing marijuana from the government's most restrictive drug category, which includes heroin, LSD and other narcotics with no accepted medical use, and switching it to the category which includes methadone and oxycodone.

The switch "could help make a big difference in promoting more research," said Dr. Seth Ammerman, the policy's lead author and a professor of pediatrics and adolescent medicine at Stanford University.

THE ASSOCIATED PRESS

Oklahoma

Stay on executions sought as top court reviews key drug

Oklahoma is willing to put three executions on hold while the U.S. Supreme Court reviews whether a certain sedative can render death-row inmates sufficiently unconscious, the state's attorney general said in a Monday filing with the court.

Rather than stop the executions himself, Attorney General Scott Pruitt took the unusual step of asking the justices for a stay. The Oklahoma Constitution allows the governor to grant a 60-day reprieve. But the case likely won't be resolved in that time frame.

THE ASSOCIATED PRESS

Ebola

Liberia says it's down to just five confirmed cases

Liberia said Monday that there are currently only five confirmed cases of Ebola in the entire country — a dramatic turnaround in the West African nation where the virus has taken its deadliest toll.

At the height of the outbreak in August and September, Liberia was recording more than 300 new cases every week. To date, 3,636 Liberians have died of Ebola.

Sierra Leone and Guinea have also seen a dramatic reduction in cases, but they are reporting more new infections than Liberia.

THE ASSOCIATED PRESS

Iran operation

Ex-CIA officer convicted of leaking secrets

A former CIA officer was convicted Monday of leaking classified details of an operation to thwart Iran's nuclear ambitions to a New York Times reporter. Jurors convicted 47-year-old Jeffrey Sterling of all nine counts. At issue in the trial: who told journalist James Risen about the secret mission.

The plan involved using a CIA asset nicknamed Merlin to foist deliberately flawed nuclear-weapons blueprints on the Iranians, hoping they would spend years trying to develop parts that had no hope of ever working.

THE ASSOCIATED PRESS

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Creditors hint at Greece deal

Bailout. Eurozone leaders open to dialogue on debt issues after radical left-wing party win

The election in Greece of a radical party that wants to overhaul the country's bailout program raises new uncertainties for the eurozone.

Financial markets took in their stride on Monday the victory of the left-wing Syriza party after several leaders in the 19-country eurozone suggested they were open to discussing how to lighten Greece's debt burden. The country has since 2010 needed 240 billion euros (about \$337 billion) in loans from fellow eurozone countries and the International Monetary Fund to avoid bankruptcy.

The talks are expected to be tough and protracted, however, as regional heavy-

weight Germany has so far taken a hard line on debt in Europe.

Syriza is calling on the eurozone to ease the spending cuts and tax increases required in Greece's bailout program and lighten the country's rescue loans. The debt is at a level many economists think is unsustainable.

A tough stance by either side could, some fear, cause Greece to fall out of the euro, a development that could cause huge turmoil for Europe and the currency union.

Syriza leader Alexis Tsipras joined with the small right-wing Independent Greeks party, united mostly in their opposition to the austerity measures imposed by the other eurozone nations in exchange for the loans.

The tough spending cuts and tax hikes were meant to reduce debt but have also put the economy through a depression, causing unemployment and poverty to surge.

THE ASSOCIATED PRESS



Industry fights to reverse sour attitude towards milk

A grocery store employee stocks dairy products in Denver. As Americans continue turning away from milk, an industry group is pushing back at its critics with a "Get Real" social media campaign launching Tuesday trumpeting the benefits of milk. Milk's wholesome image is being muddled by diet trends and divergent attitudes about nutrition. The Milk Processor Education Program, which represents milk companies, says the breaking point came last year when a study suggested drinking lots of milk could lead to earlier deaths and higher incidents of fractures.

THE ASSOCIATED PRESS FILE

Jobs

IBM denies report of 100,000 layoffs

Calling it "ridiculous" and "baseless," IBM on Monday dismissed a report that said it plans to lay off one in four of its workers, or 100,000 people.

IBM previously has announced layoffs affecting "several thousand people," only "a small fraction"

of the number predicted last week by a blogger on Forbes.com, IBM said.

Between Thursday, when the report was posted online and Monday morning's denial, IBM shares rose about 4 per cent to peak at \$159.46 US. IBM is confronting a sales slump as it struggles to adapt to big changes in the way businesses buy software and other commercial technology. THE ASSOCIATED PRESS

Market Minute

DOLLAR
80.23¢
(-0.26¢)

Natural gas: \$2.881 US (-10.5¢)
Dow Jones: 17,678.70 (+6.10)



TSX
14,797.83 (+18.48)



OIL
\$45.15 US (-44¢)



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\$1,279.40 US (-\$13.20)

Drug kingpins. Twins eligible for light sentence

Identical twin brothers who partnered with Mexico's most notorious cartel kingpin to build a nearly \$2-billion US North American drug ring will be sentenced Tuesday in Chicago.

Anyone convicted of trafficking a fraction as much cocaine and heroin could normally expect a life sentence. But the twins can enter their sentencing hearing Tuesday confident of receiving far less. That's because they spilled secrets that led to the indictments of Joaquin "El Chapo" Guzman, a half-dozen of his lieutenants and around 40 lower-level traffickers.

Prosecutors are asking for a remarkably lenient term: around 10 years.

If credited for six years

in protective custody, the 33-year-old siblings could go free within a few years.

Guzman "ran one of the biggest trafficking organizations in the last 100 years, and these brothers were crucial in helping to bring him and his people to justice," said Jack Riley, former head of the Drug Enforcement Administration office in Chicago and now the agency's No. 3 in Washington.

Details of the twins' story have been kept under seal for years, but recently opened federal government files offer a narrative of their journey from flamboyant teen traffickers to associates of Guzman, who was captured last year by Mexican authorities.

THE ASSOCIATED PRESS

Faulty switches. 50 GM death claims accepted

With only five days left before the deadline to seek payments, compensation expert Kenneth Feinberg has decided that 50 death cases are eligible for money due to crashes caused by faulty General Motors ignition switches.

Feinberg, who was hired by the automaker to handle death and injury claims, determined as of Friday that the families of 50 people killed and 75 people injured are eligible for payments.

The fund has received 338 death claims and 2,730 claims for injuries. Of those, 58 death claims have been rejected as ineligible for compensation, as have 328 injury claims. Feinberg is either reviewing or awaiting documentation on 230 additional

Recall

General Motors was aware of faulty ignition switches on Chevrolet Cobalts and other small cars for more than a decade but didn't recall them until 2014.

death claims and 2,327 injury cases.

Last year the company set aside \$400 million US to make payments, but conceded that could grow to \$600 million US. The company's chief financial officer told analysts earlier this month that those numbers have not changed. Compensation for deaths starts at \$1 million US. THE ASSOCIATED PRESS

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VOICES

A WILD WEEK FOR ALBERTA

All the recent resignations and moves in the legislature point to a spring election, with Prentice and the NDP emerging as the post-shake-up victors



DUANE BRATT
edmonton@metronews.ca

Some turnover is natural between elections, but the degree of change the Alberta legislature has seen in the last week is remarkable — and signals a likely spring election and continued one-party dominance.

A quick summary of recent resignations and moves: One Liberal leader (Raj Sherman) resigns, five former PC ministers step down, one former Wildrose leader running for the PCs, an ex-Wildrose seeking PC nomination in the same riding and the former CTF Alberta director looking for the Wildrose nod in Strathmore — and possible future leadership of the beleaguered party.

In quantity terms, almost 40 per cent of MLAs elected in April 2012 will not run again in the next election (or at least with the same party!).

In quality terms, all four parties have changed leaders: Alison Redford and Sherman are not running again, Brian Mason is no longer the NDP leader and Danielle Smith is now running as a PC.

There are several takeaways from another wild week in Alberta politics. First, if it was not already completely obvious, we are having a spring 2015 provincial election. All parties are conducting nomination meetings, and incumbents have to quickly decide if they are in



Alberta Liberal leader Raj Sherman announced he was stepping down, one of many Alberta politicians to resign Monday.

THE CANADIAN PRESS FILE

or out.

Second, two of the three opposition parties will go into the elec-

tion without a leader. This puts them in a very vulnerable situation. Heather Forsyth will be the interim

Wildrose leader but she is not even running again.

Meanwhile, the Liberals have

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yet to choose an interim leader, and only two-fifths of their current MLAs are running again.

Third, the two winners of this political turmoil are Jim Prentice and the NDP.

Prentice, who only became PC leader and premier in September, can put his own stamp on the party through a new batch of candidates. For the NDP, they have a new and popular leader in Rachel Notley who can take advantage of the collapse of the Liberals and progressives upset with the floor-crossing of Wildrose MLAs to the PCs.

The result will be PC dominance in Calgary and rural Alberta and the NDP doing very well in Edmonton.

Finally, it illustrates once again that Alberta is a one-party dominant system and that renewal occurs largely within the governing PC party.

PCs have been in power since 1971, but there have been great fluctuations in policies between governments. Prentice will be as different from Redford as Stelmach was from Klein.

Duane Bratt is the chair of the Department of Policy Studies at Mount Royal University.

Dal whistleblower deserves gratitude, not condemnation



STEPHEN KIMBER
readers@metronews.ca

The irony is we might not know to be outraged if not for a man many of us are outraged at. We have a complicated relationship with those who blow whistles on bad behaviour: think Edward Snowden, Chelsea Manning and, now, Ryan Millet.

Millet, a 29-year-old fourth-year Dalhousie University dental student, was one of 13 members of the infamous Facebook group "Class of DDS 2015 Gentlemen." Millet claims someone added his name when he began dentistry in 2011 and he was more a lurker and occasional "liker" than an active participant.

Some posts were a "little over the

In defense of Millet

He could have looked the other way in the face of the offensive posts, or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

top," he conceded in a Jan. 17 interview with the Halifax Chronicle-Herald. But, except for one offensive post (which he successfully asked Facebook to delete), he says most conversations — from taunts about favourite football teams to links to YouTube videos — were standard social-media fare.

That changed on Dec. 6, 2014, when one member posted a poll inviting the others to vote on which of two female classmates they'd prefer

to "hate f—." Several voted.

Shocked, Millet showed the post to one of the women and eventually gave her his Facebook login so she could document what he calls a "targeted, hateful, sexualized, violent attack" and complain to the university.

Three days later, on Dec. 15, the story went public, then viral.

More than 50,000 people signed an online petition demanding Dalhousie expel all the "Gentlemen,"

including Millet (who had left the group and deleted his Facebook account after providing the login information).

The university has since segregated all 13 from their peers. They're indefinitely suspended from performing clinical work, which they must complete to graduate.

Millet appealed, pleading his case before the dental school's academic standards committee. (That hearing will resume Wednesday.)

Should Millet be suspended? Or thanked? His social-media and newspaper-comment-section critics — and they're legion — argue he should never have joined the group, quit sooner, spoken up earlier, not "lawyered up" and is only coming forward now to save his professional

future. Maybe. But, based on what we know — it's worth noting that what we know so far comes mainly from Millet's lawyer — I believe Millet deserves our gratitude. He could have looked the other way in the face of the offensive posts or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

And ultimately forced the rest of us to confront important, difficult issues. Including how we see those who blow whistles.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Mag blows
cover on Kate

Maybe it's the result of some barely concealed common-wealth resentment toward the Crown, but Australian women's magazine Women's Day took some startling liberties with the old Photoshop for its cover photo of universally acknowledged beautiful person Kate Middleton. Because the results — yikes!



Emma Watson ALL PHOTOS: GETTY IMAGES

Another one for the
books: Emma to star
as Disney's Belle

What with all the speeches at the United Nations and Davos about feminism, you might have thought Emma Watson was not that interested in acting anymore. You would be wrong.

Walt Disney Studios confirms that the Harry Potter alum will star as Belle in its upcoming live-action adaptation of Beauty and the Beast, directed by Dream-works director Bill Condon.

And honestly, given her public persona, if she was going to play any Disney princess this is the right one, given Belle's book smarts and independence.

So, just so everyone's clear: Emma Watson, still a burgeoning feminist icon, but also a Disney princess. Hey, I wonder if they're planning to address any of the glaring plot holes in this version?

Go figure. Ariel Winter
throws everyone a curve
on the red carpet

Modern Family star Ariel Winter, a 16-year-old actress, hit the red carpet for the SAG Awards this weekend in a very lovely white gown. But in red carpet reports from outlets such as InTouch, E! News, Us Weekly and elsewhere, the focus was noticeably on how much Winter has, ahem, grown. Now, I'm no prude, but this just feels kind of gross, guys. Winter, by the way, turns 17 later this week, if you're looking for some way to feel slightly better about obsessing over a teenager's rack.



Ariel Winter

Mark Ruffalo tweets SAG
Awards acceptance speech

Avengers star Mark Ruffalo was honoured Sunday night by the Screen Actors Guild for his work in the HBO movie The Normal Heart, earning the outstanding performance by a male actor in a miniseries or television movie award.

Only he wasn't there to accept it, as viewers know. Instead, Ruffalo was home in New York where, as co-star Julia Roberts joked, he was "waiting for that Nor'easter."

Actually, Ruffalo is busy filming the sequel to Now You See Me. But he did express his thanks with a groggy Instagram shot.

"Upon waking and hearing from my wife and kids that I won a [SAG Award] for [The Normal Heart.] Love win tonight," he wrote.

And on Twitter, he offered his full acceptance speech: "Special thank you to all my brother and sister

actors for this incredible distinction. It's really the one that matters."

He then went on to thank a slew of reps and publicists, as well as his wife and kids.

Who knows, maybe social media acceptance speeches are the future.

At least no one would get played off.



Mark Ruffalo

2
SCENE



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Songz isn't shy about success, he just gets better and better

Concerts. We chat with the smooth-talking R&B singer days before he sets out for his *Between The Sheets* tour with Chris Brown

EMILY
LAURENCE
Metro News in New York City

Trey Songz's new single may be called *Slow Motion*, but it's clear he lives life in the fast lane.

Steadily releasing a new album every two years with A-list collaborations (Trigga boasts hits with Nicki Minaj, Juicy J. and Young Jeezy), his latest debuted at the top of the *Billboard* 200 list. He also has an endorsement deal with SX Liquors and is gearing up to tour with Chris Brown for their *Between The Sheets* tour.

We talk to him about his latest successes, plus how he manages to be so damn smooth with the ladies.

Why he says Trigga is his best album yet

Songz isn't shy about his success. He says that, with each album, he just gets better and better. "I've grown throughout the years and have become so seasoned, understanding what I mean to R&B music, hip-hop and pop-culture," he tells us. "The music industry is very single driven, so to have a full body of work that I'm very proud of is something I love."

His tip for always getting the girl

One listen to tracks like *Touchin*, *Lovin* or *All We Do* shows that Songz doesn't struggle with leaving the club alone. But he says his secret isn't using fame or bottle service, it's being genuine and honest. "It's



Trey Songz says his secret with the ladies is just "being genuine" with them. CONTRIBUTED

not about when you're out. It's about when you're talking to a woman and not having it be about anything else except that woman in that moment. Being genuine is going to get you there."

His thoughts on breakups

Not all Songz's hits are about one-night stands. What's *Best For You* is about

moving on after a breakup, which is one of the more sensitive songs on *Trigga*. He doesn't seem to dwell on being broken-hearted. "It's quite simple," he tells us. "A breakup is about separating yourself from somebody, so you need to focus on bettering yourself. Life isn't about getting hung up on moments, it's about making moments."

On touring with Chris Brown

Chris Brown has been hyping up his *Between The Sheets* tour on Twitter and Instagram for months, and Songz shares the excitement, saying fans should expect a high-energy show. "Have you seen Chris perform?," he asks. "That's reason enough to go. It's going to be great."

Music

In the 1970s, size really did matter



SOUND
CHECK
Alan Cross
scene@metronews.ca

I remember the day I bought my first stereo system. With \$500 from my first job, I begged my dad to take my 14-year-old self to buy it.

Having devoured magazines like *Stereo Review* and the annual *Radio Shack* catalogue, I'd finally decided on what I needed. And despite my parents' begging that I spend my money on something more sensible, I would not be dissuaded. I wanted, needed, a stereo for my bedroom.

These electronics infected me with the audiophile bug, the beginning of an expensive obsession for sound that was bigger, louder and more accurate. Worst of all was the snipe hunt for the best speakers.

If you grew up in the '70s, you know exactly what I'm talking about. We used our stereos as a way of proclaiming our identity to the world.

Back then, music was everything to us.

I don't mean to diminish anyone's love of music today, but you have to understand that we didn't have smartphones, Face-

book, Twitter, Instagram, Pinterest, Snapchat, texting, DVRs, computer games, gaming consoles, email, DVDs, Netflix, satellite radio, iTunes, Spotify, Rdio or 500-plus cable TV channels.

Plenty of kids didn't even have a local FM rock station. What we had, though, was our stereos.

We bought lots and lots of records. And many of us spent crazy sums on our stereo systems, especially on speakers.

But when the Walkman and boom boxes came along, things began to change. And when we got into the mid-'90s and the home-theatre revolution, people became distracted from old-school, two-channel stereo systems.

Today, far too many people are satisfied with the sound they get from cheap earbuds, tiny Bluetooth units and even laptop speakers. I wish they could experience music like we did.

Now if you'll excuse me, I have to yell at some kids who are on my lawn.



Before iPhone docks, there was the stereo speaker. ISTOCK

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Rihanna and McCartney go acoustic

Rihanna, who has topped the charts with a pop-driven R&B sound, has unveiled a new acoustic song in a collaboration with Paul McCartney and Kanye West.

Rihanna released the new single, *Four Five Seconds*, unexpectedly January 24.

The song features the Barbados-born singer's signature robust voice but has a minimal backdrop of Mc-

Cartney's guitar strumming without percussion or electronic elements, along with verses sung by rapper West.

The track is the latest collaboration between West and McCartney, who also released a song on New Year's Day after the two stars met each other in Los Angeles.

Four Five Seconds is a song about personal travails and confusion.

Rihanna sings, "We got three more days 'til Friday / I'm just trying to make it back home by Monday morning."

The song could offer hints at the new directions of both Rihanna and West, who are separately expected to unveil new albums this year.

Rihanna, who has released seven studio albums,

has become an international superstar with electronic-dominated songs such as the ballad *Diamonds* and the danceable *Only Girl (In The World)*.

Her music has at times been overshadowed by her turbulent relationship with fellow singer Chris Brown, who pleaded guilty to assaulting her in 2009.

AFP



Rihanna has released a new single with Paul McCartney and Kanye West. AFP

New album. Marilyn Manson is still bleak but now has a bit of the blues



Marilyn Manson says he wanted to shake up his sound. GETTY IMAGES

Marilyn Manson thrived on shock value as the Goth rocker and self-proclaimed Antichrist Superstar rose to prominence in the 1990s.

Now approaching middle age, Manson's vision is no less violent, but he has found a more subtle musical outlet: the blues.

The *Pale Emperor*, Manson's first album in three years, moves beyond the searing aggression of distorted guitars and synthesized minor chords that helped define him as he became one of rock's most controversial stars.

The opening track on the new album, *Killing Strangers*, starts with the heavy thump of bass and drums familiar to longtime fans but is immediately followed by a guitar that owes more to Mississippi Delta bluesmen than to the heavy metal that was Manson's most obvious influence.

The two genres are hardly strangers, as heavy-metal pioneers Black Sabbath created the band's sound from blues roots.

Manson strikes a new balance in songs such as *The Mephistopheles of Los Angeles* and *Cupid With a Gun*, with the melancholic expressivity of the blues playing off the

thundering darkness of the metal rhythm section.

Manson said he is drawn to the gritty quality of the blues, and wanted to shake up his sound for his ninth album.

"The redneck in me comes out in my voice, and it's got some old blues mixed with the very hard elements," Manson, who grew up in a working class family in Ohio, told the British metal magazine *Kerrang!*

Manson, who recently turned 46, has not changed his world view. On *Killing Strangers*, he belittles society for a selective condemnation of violence, singing, "We're killing strangers, so we don't kill the ones that we love."

His theological views come out in *The Devil Beneath My Feet*, as he sings, "Don't want your God and his higher power" and, using an expletive, "Don't need (someone) looking down on me."

With the music pared down, Manson hinted that his more sensational stage persona may also be on its way out.

"That P.T. Barnum aspect of Marilyn Manson has sort of evaporated," he told *Rolling Stone*, referring to the circus legend.

AFP



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Skip that detox or cleanse

Nutrition. Try eating clean instead of 'flushing your system'

While the thought of starting a detox or cleanse could be appealing, it might not have the desired effect.

The idea that you can flush impurities out of your system by cleansing it with juices or tablets is eschewed by registered dietitian Zannat Reza.

Many detoxes are simply low-calorie potions or juice cleanses. "Like, what are you getting there? Not much of anything," she says. "Definitely not calories, not enough nutrients, no probiotics."

In fact, the result can be dehydration, headaches, dizziness, nausea, vomiting and lack of energy. Harmful effects include low blood sugar, low or high blood pressure, detrimental interaction with medications, and vitamin and mineral deficiencies, Reza says, citing research from organizations including Dietitians of Canada and the Mayo Clinic.

"And for people who are looking to lose weight, what it does is it actually slows down your metabolism, so your body thinks it's starving. Slowing down your metabolism really is not the smartest thing to do to lose weight," she says.

Instead, the Toronto dietitian suggests "clean eating," with a focus on fruits and vegetables, whole grains and lean proteins, which will also help boost the immune system, especially at this time of year when cold and flu bugs are rampant. But healthy food is only one piece of the puzzle. It's also important to get enough sleep, exercise and wash hands well in warm soapy water.

Most Canadians don't eat enough fruits and vegetables. The recommendation is to fill the plate with fruits and vegetables at every meal and snack.

Whole grains supply B vitamins and folate. Those with celiac disease or an intolerance to gluten can consume whole grains that don't contain the

protein composite in brown, black and wild rice, amaranth, buckwheat, millet and teff and seeds like quinoa.

Vitamin D is added to milk, soy and rice beverages, orange juice and margarine and is also found in salmon and sardines, egg yolks and fortified yogurts.

"Because it's wintertime one of the recommendations is to take a vitamin D supplement just because we don't get enough sunlight and our skin doesn't get enough exposure to make vitamin D in the winter months," Reza says.

Probiotics, or good bacteria in the gut that help keep your immune system healthy, and prebiotics are both needed.

Probiotics are in supplements, some yogurts (check the label) and fermented foods that have been produced or preserved using good bacteria, such as sauerkraut, kimchee (Korean pickled cabbage), miso, tempeh, injera (sourdough-risen flatbread), fish sauce, sour cream, soy sauce and Worcestershire sauce. **THE CANADIAN PRESS**



Filling your plate with fruits and veggies is more effective than a cleanse. ISTOCK

Plant-Power Soup With Kimchee

This antioxidant-packed soup is chock-full of cancer-fighting vegetables. You're also getting a wallop of vitamins A and C, both needed to boost your immune system.

1. In a large pot, heat canola oil over medium heat. Cook onion for 3 to 4 minutes until it starts to soften.
2. Add garlic, broccoli, cauliflower and carrots. Cook for 4 to 5 minutes until broccoli is bright green.
3. Add curry powder, broth and salt. Bring to a boil. Cover and simmer for 20 minutes until vegetables are tender.
4. Blend vegetable mix using countertop blender or handheld immersion blender. Stir in milk. Ladle into bowls and

garnish each with 15 ml (1 tbsp) kimchee.

- 15 ml (1 tbsp) canola oil
- 1 medium onion, diced
- 15 ml (1 tbsp) minced garlic
- 500 ml (2 cups) each broccoli and cauliflower florets
- 500 ml (2 cups) diced carrots
- 2 ml (1/2 tsp) curry powder
- 1 carton (900 ml) no-salt-added chicken broth
- 2 ml (1/2 tsp) salt (adjust to taste)
- 250 ml (1 cup) milk
- Kimchee, for garnish (15 ml/1 tbsp per serving)



Hearty Chicken Noodle Soup With Turmeric

The South Asian flavours of this soup are sure to warm you on a cold winter day. Turmeric, an anti-inflammatory, can help boost your immune system.

1. In a large pot, heat canola oil over medium heat. Brown chicken, about 5 minutes, and remove to a bowl.
2. Add onion, garlic, ginger, carrots, mushrooms, celery and seasonings to pot. Cook for 3 to 4 minutes. Add broth and bring to a boil. Return chicken to pot. Add egg noodles and lentils. Cover and simmer for 15 minutes. Remove from heat and stir in lemon juice.

- 15 ml (1 tbsp) canola oil



- 6 to 8 chicken thighs, cut into 2.5-cm (1-inch) chunks
- 1 medium onion, diced
- 30 ml (2 tbsp) minced garlic
- 15 ml (1 tbsp) minced ginger
- 500 ml (2 cups) sliced carrots (quarter lengthwise and slice)
- 500 ml (2 cups) sliced mushrooms
- 250 ml (1 cup) sliced celery
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) salt (adjust to taste)
- 1 ml (1/4 tsp) black pepper
- 1 ml (1/4 tsp) cayenne
- 2 cartons (each 900 ml) no-salt-added chicken broth
- 500 ml (2 cups) uncooked whole-wheat egg noodles
- 1 can (540 ml/19 oz) lentils, drained and rinsed
- 50 ml (1/4 cup) lemon juice

3
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Don't squash those comfort food dreams

Dinner. This stuffed squash dish with a creamy bean filling is healthy but will leave you feeling warm and satisfied



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everything stays in the picture in this high nutrient meal. The seeds get baked separately and become a garnish, the squash skin becomes a bowl and you get fed fast.

Directions

1. Turn oven on to 400 F. Slice squash in half if small or in quarters if large. Scoop seeds onto a piece of foil and stir in half of the oil, breaking up any squash fibres but do not rinse or remove. Place seeds into oven

Ingredients

- 1 large or 2 small acorn squashes
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic
- 28 ounce can kidney beans, drained
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ cup Greek yogurt herb and garlic spread
- ½ cup cherry tomatoes

on top shelf. Bake seeds until the squash is cooked (see step 4). Watch and turn periodically and remove if they brown too quickly.

2. Place squash on a plate and microwave for about 10 minutes while you prep the creamy bean filling.

3. In a pot, cook onions over medium heat in a drizzle of oil, stir in garlic and kidney beans. Add herbs

and spread. Warm through for 5 or so minutes. Stir in sliced halved tomatoes.

4. Turn squash sections into a baking dish and fill with filling, place into oven for 10 minutes. Top squash with seeds.



This stuffed squash recipe makes four servings. THERESA ALBERT

Seeds

It's what's inside that counts

Pumpkin seeds aren't just for Halloween anymore. (Or something.) Who writes the headline for a lowly seed that sits inside a squash or pumpkin and often gets scooped and tossed? The truth is that it is a treasure trove of nutrients that are often ignored because you don't know how to handle their slimy mess. Generally speaking, seeds contain all of the nutrients that would become the

whole vegetable and then some. That ¼ cup of muck that you throw out has:

- 4 grams of fibre
- Contains 3 grams of protein
- The potential as a great ingredient in salads, soups or pesto sauces in place of nuts
- Tons of vitamin A, C and Zinc. Three nutrients that help boost immunity
- Storable and versatile.

Simply pull them out of your squash (no matter what type) with a



large spoon and lay on a sheet of foil. Use the back of a fork to mix in 1-3 teaspoons of olive oil, spices (Italian seasoning, curry powder, chili powder or something else of your liking), bake at 400F for 10-15 minutes, gunk included. Any strings and vegetable matter will only add flavour and nutrients as it bakes, no need to rinse or pick through.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM.

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Recipe. Punch up your peppers with goat cheese and shiitake mushrooms

Here is a version of stuffed peppers with plenty more appeal.

1. Heat the oven to 350 F. Coat a 9-by-9-inch baking dish with cooking spray and set aside.

2. Slice 1/2 inch off the top of each pepper, then scoop out and discard any seeds and ribs. Set aside.

3. In a medium saucepan, combine the rice and chicken broth. Bring to a boil, then reduce to a simmer, cover and cook for 35 to 45 minutes, or until all the broth is absorbed.

4. While the rice cooks, in a large skillet over medium-

high melt the butter. Add the mushrooms and season with just a pinch of salt and pepper. Cook until most of the water has been released from the mushroom and has also evaporated, 6 to 8 minutes. Add the shallots, garlic, celery and onion and continue to cook until the onion and celery are tender, another 5 to 6 minutes.

5. In a large bowl, combine the rice, mushroom mixture, chicken, marjoram and goat cheese. Season with salt and black pepper. Spoon the mixture into the peppers and place in the prepared baking dish. Bake for 30 minutes, or until the peppers are tender.

THE ASSOCIATED PRESS

Ingredients

- 6 large red bell peppers
- 1 cup japonica rice
- 2 cups low-sodium chicken broth
- 2 tablespoons butter
- 5 ounces shiitake mushroom caps, thinly sliced
- Kosher salt and ground black pepper
- 1/4 cup chopped shallots
- 3 cloves garlic, minced
- 2 ribs celery, diced
- 1 small yellow onion, diced
- 2 cups chopped or shredded cooked chicken
- 2 tablespoons chopped fresh marjoram or oregano
- 4 oz crumbled goat cheese

Curling

Alberta's Rocque scores two wins

Alberta's Kelsey Rocque continued her quest for a second straight Canadian women's junior curling title with a pair of wins on Monday.

Rocque improved to 5-0 at the tournament with a 7-6 win over Quebec's Emilia Gagne (3-2) in the afternoon draw. The defending world junior champion from Edmonton scored two in the 10th end for the close win.

Rocque, the Pool A leader, defeated Nunavut's Sadie Pinksen 15-3 in the morning draw.

THE CANADIAN PRESS

MLB

A-Rod may not see \$6M prize

The New York Yankees are thinking about not making a \$6-million payment to Alex Rodriguez if he hits six home runs and ties Willie Mays at 660 for fourth place on the career list.

Rodriguez has a marketing deal that called for \$6-million payments for milestone accomplishments, but the Yankees plan to let any accomplishment pass without declaring it a milestone. That would likely trigger a grievance by the Major League Baseball Players Association.

THE ASSOCIATED PRESS

NFL

Hernandez trial has a jury formed

A full jury was seated Monday for the murder trial of former New England Patriots player Aaron Hernandez.

Hernandez, 25, is charged with killing semi-professional football player Odin Lloyd, 27, in June 2013. Lloyd was dating the sister of Hernandez's fiancée. THE ASSOCIATED PRESS



Eugenie Bouchard fell to Maria Sharapova in straight sets in Tuesday's Australian Open quarter-final match on Tuesday in Melbourne. CLIVE BRUNSKILL/GETTY IMAGES

Bouchard has another major letdown vs. Maria

Tennis. Rising star from Quebec knocked out of Australian Open by Sharapova

Canada's Eugenie Bouchard was eliminated from the Australian Open on Tuesday after a 6-3, 6-2 loss to Russia's Maria Sharapova in the quarter-finals.

The loss was a disappointment for the Westmount, Que., native after reaching the semifinal a year ago at Melbourne Park.

Bouchard finished with 13

winners and 30 unforced errors on Tuesday, missing on both of her break-point chances while dropping serve four times.

Seventh-seeded Bouchard's defeat in 78 minutes was her eighth at a Grand Slam and first of the season after four victories in 2015.

"I had to produce a really good performance against Genie," Sharapova said.

"She's been playing so confidently and aggressively."

Bouchard started on her back foot, dropping serve in the opening game of the high-profile quarter-final. Bouchard got to work recovering

Meeting with Maria

3/4

Three of the four matches played between Bouchard and Sharapova have come at majors, with the Russian beating Bouchard at the French Open the past two years.

her poise, holding for 1-2 with a winning backhand return.

But Bouchard was never able to close the gap, despite forcing Sharapova to save break points in the sixth game.

Three games later, Bouchard saved a set point with a

winner but lost the set a point later after sending a backhand wide.

Sharapova took a 3-1 lead in the second set after another misplaced backhand by Bouchard.

Sharapova earned a match point from a Bouchard forehand error and landed a winner of her own in the corner to seal the victory and advance to the tournament's semifinal.

Bouchard is the first Canadian — female or male — to play a Grand Slam singles final, losing to Petra Kvitová of the Czech Republic at Wimbledon last year.

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Chasing post-season berths

With an eye on the playoffs, here's what Canada's NHL teams have to do to make it. The Edmonton Oilers are 20 points out of a playoff spot and are largely considered out of post-season contention.

THE CANADIAN PRESS

Photos by Getty Images

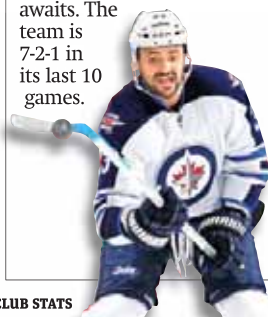


Montreal Canadiens

Record: 29-13-3, 61 points; third in Atlantic Division
Chances of making playoffs: 98.8 per cent
What they have to do: Hope Carey Price stays healthy. As long as the goalie is on the ice and contributing, the Canadiens will be fine.

Winnipeg Jets

Record: 26-14-8, 60 points; first Western Conference wild card
Chances of making playoffs: 92.4 per cent
What they have to do: Don't let up, and the first playoff game in Winnipeg for this version of the Jets awaits. The team is 7-2-1 in its last 10 games.

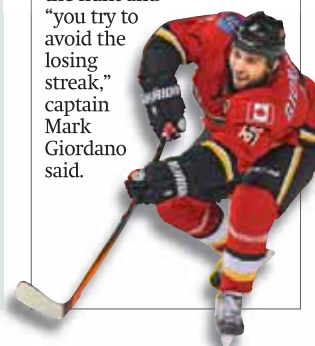


Vancouver Canucks

Record: 26-16-3, 55 points; third in Pacific Division
Chances of making playoffs: 92.4 per cent
What they need to do: Play better at home, according to all-star winger Radim Vrbata, talking about the Canucks' 11-8-1 record at Rogers Arena.

Calgary Flames

Record: 25-19-3, 53 points; second Western Conference wild card
Chances of making playoffs: 72.2 per cent
What they need to do: Beat the other teams in the hunt and "you try to avoid the losing streak," captain Mark Giordano said.

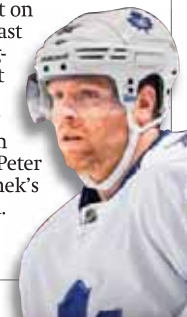


Ottawa Senators

Record: 19-18-9, 47 points; 10 points out of second Eastern Conference wild card
Chances of making playoffs: 16.7 per cent
What they need to do: Hope one of the current playoff teams falls off its current pace because erasing a 10-point deficit this late is almost impossible.

Toronto Maple Leafs

Record: 22-23-3, 47 points; 10 points out of second Eastern Conference wild card
Chances of making playoffs: 4.5 per cent
What they need to do: Get on a roll fast and figure out how to play interim coach Peter Horachek's system.



PLAYOFF CHANCES ARE FROM SPORTS CLUB STATS

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Super Bowl. Former MVP relegated to smaller role

Malcolm Smith stood out for always being in the right spot.

He was waiting to corral Richard Sherman's fourth-quarter deflection for the clinching interception in the NFC championship a year ago to send Seattle to the Super Bowl.

His eyes were up and focused on Peyton Manning's fluttering pass that fell into his arms for a pick in the second quarter of last year's Super Bowl. And he hustled downfield to be in position to recover a fumble in the second half, all of which added up to the former seventh-round pick becoming an unlikely Super Bowl MVP.

Fast-forward 12 months with the Seahawks back in the Super Bowl and Smith doesn't stand out as part of this Seattle defence. Slowed by an ankle injury since the off-season, Smith is still an important part of Seattle's special teams, but he rarely sees the field on defence.

In Seattle's two playoff victories, Smith was in for two defensive snaps. Both were goal-line situations in the NFC championship against Green Bay.

"It hasn't been difficult at all. I'm part of a team, that's my role. I don't see it as any-



Malcolm Smith recovered a fumble and had an interception in last year's championship game. GETTY IMAGES FILE

thing different," Smith said. "Of course it's hard not to get the reps in the game and be ready."

Of course, being MVP came with all the trappings: the day-after press conference; the parade with Mickey Mouse; a new truck. But for Smith, the only difference he felt was "people want to put mics in your face now."

"He's handled it great. I had no concern about that. He's had a lot of fun. It's been a great thrill to be able to represent as an MVP in that game. He got the truck and everything," Seattle coach Pete Carroll said. "He's worked like crazy and been there for us every step of the way."

THE ASSOCIATED PRESS

Playing hurt

Browner: Take fight to Sherman, Thomas

Brandon Browner is telling his New England teammates not to hold back against Seattle's Richard Sherman and Earl Thomas.

In an interview with ESPN, Browner talked about the toughness both Sherman and Thomas showed in the NFC championship game playing with injuries. Sherman suffered a sprained elbow, while Thomas suffered a separated shoulder.

But Browner said he would also target those injuries.

"I'm going to tell my teammates go hit that elbow or go hit that shoulder," Browner said in the interview.

Asked if he would tell his teammates that, Browner said, "Most definitely."

"Try and break it if you can. You're going to be my best friend after the game, but at the end of the day I know you want the Super Bowl as bad as I do," Browner said.

AUGMENTED REALITY

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Others have confidence in you so you must have confidence in yourself. Get used to playing a bigger role.

♉ Taurus

April 21 - May 21

You may have to do something that does not go down well with loved ones today but you know it must be done and will ignore any criticism that comes your way.

♊ Gemini

May 22 - June 21

You seem to be in two minds which way you should now be heading. The best thing to do is wait until the end of the week when your confidence will return and you are far more likely to make the correct decision.

♋ Cancer

June 22 - July 23

If you let partners take the big decisions today you will benefit both professionally and financially.

♌ Leo

July 24 - Aug. 23

You will get the chance to improve your position today but because your good fortune comes at someone else's expense you may hesitate to take advantage of it.

♍ Virgo

Aug. 24 - Sept. 23

Wherever you go, whatever you do and whoever you deal with rest assured you will be protected, so don't let your imagination run riot.

♎ Libra

Sept. 24 - Oct. 23

Venus, your ruler, moves into the wellbeing area of your chart today, making this the ideal time to take stock of your health and your fitness and decide what changes need to be made.

♏ Scorpio

Oct. 24 - Nov. 22

Think more about your own needs today, especially your creative and romantic desires.

♐ Sagittarius

Nov. 23 - Dec. 21

If you listen to the advice of a well-connected friend you could make some serious money today.

♑ Capricorn

Dec. 22 - Jan. 20

The whole world could be against you now and it would not worry you in the slightest — your confidence is unshakable. Just be careful you don't overdo it and create rivals where none need exist.

♒ Aquarius

Jan. 21 - Feb. 19

You will get more than one opportunity to shine today, and you could make some money too.

♓ Pisces

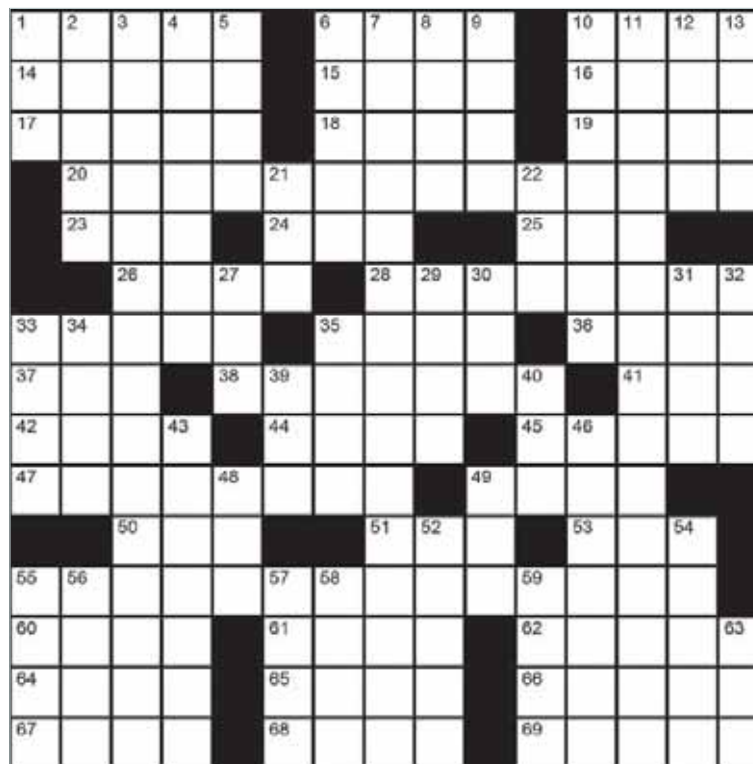
Feb. 20 - March 20

Venus, planet of harmony, moves into your sign today and almost immediately you will feel a sense of relief. Mentally and emotionally you are far more balanced.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "___ good bones." (Fixer-upper buyer's observation)
6. Actor Mr. Jannings
10. Silly
14. Like crooner Mr. Martin
15. Court
16. Obi accessory
17. French ___ soup
18. ___ Minor
19. Letter-writer's second li'l after-thoughts
20. "The Kids in the Hall" alum who created City TV's new comedy "Young Drunk Punk": 2 wds.
23. N. America country
24. US intelligence org.
25. Alley ___ (Classic comic strip)
26. Also e-mailed to...
28. Overhauled
33. Held together with a workshop grip, say
35. Army garb, commonly
36. Prefix with 'dynamic'
37. 'Advert' suffix
38. Stoker's sucker
41. Nero's 551
42. "Born Free" (1966) lioness
44. Ailments
45. Stand-up's creations
47. Townsite known as 'Saskatchewan's



Playground'

49. Dainty fabric
50. Not 'neath
51. Extinct bird
53. Pavarotti, Carreras e Domingo = I ___ Tenori
55. Feathered message deliverers: 2 wds.

60. Q. "1989's 'Batman' ...was that ___ Burton movie?" A. "Yes."
61. Land
62. Historic weapon
63. Ostrich-like bird
65. Reasonable
66. Ballet outfit material

67. PGA part, puny-ly
 68. Civil or Electrical, e.g.
 69. County in England
- Down**
1. Groom's promise: 2 wds.
 2. A decade pre-AD, ___
 3. Barrettes, as

- examples: 2 wds.
4. Prevention quantity worth a pound of cure: 2 wds.
 5. Bit of Justin T.'s old group
 6. Dutch cheeses
 7. Makeup application problem: 2 wds.
 8. 'Arthr' suffix

9. French for 'the water'
10. Course complet-er's certificate
11. Movie munchies spoilers: 2 wds.
12. Richie's mom to Fonzie, ___
13. Nonsense
21. Last gap
22. Mauna ___ (Hawaiian volcano)
27. Actor Mr. Byrnes
29. Flightless flappers
30. Book serial abbr.
31. ___ Stanley Gardner (Detective novelist)
32. Two, in Portugal
33. Look
34. Ms. Fisher
35. LL Cool J's "Going Back to ___"
39. Belonging to Providence's li'l state
40. 1977 Steely Dan album
43. Sweden-born/Canada-raised actress Malin
46. Ocean dweller
48. "___, don't know." (Beats me!)
49. Fall behind
52. Rexall Place player
54. Web purchase, say
55. Singer Irene
56. Olympians, e.g.
57. Feminine suffix
58. Reddish-brown
59. Renaissance family name
63. Oscar-winner Mr. Harrison

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	7	2	9	1	6	4	5	8
1	9	8	4	3	5	2	7	6
5	4	6	8	7	2	1	9	3
7	5	4	2	6	3	8	1	9
8	6	3	5	9	1	7	2	4
9	2	1	7	4	8	6	3	5
6	1	9	3	2	4	5	8	7
4	8	7	1	5	9	3	6	2
2	3	5	6	8	7	9	4	1

		9				4		
5				6	8			
	8					9		7
	7		2		9			
	8						1	
			5		4		6	
1		3				6		
			4	7				5
	2					3		

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